

Pole Twist Table Runner



The finished runner measure approximately 47 inches (120cm) long x 19½ inches (49½cm) wide.

All seam allowances are ¼ unless otherwise stated

Requirements

All yardage needed assumes that fabric is close to being 45 inches (115cm) wide

Fabric	Required Amount
Red fabric (including binding)	1 yd (100cm) cut across the width of fabric (wof)
Green fabric for half square triangles and inner border	10 inches (26cm) cut across wof
White fabric for half square triangles	10 inches (26 cm) cut across the wof
Fabric for backing	25 inches x 50 inches
Thin batting or pellaon	25 inches x 50 inches

Cutting for centre of runner

I will allow a few inches in each strip to even up fabric etc

For the centre of the runner you will need to construct

ten (10) x 4½ x 4½ inch red/green half square triangle units



twenty (20) x 4½ x 4½ inch red/white half square triangle units



There are three methods of constructing half square triangles and I will give instructions for cutting the fabric and constructing them all.
(Please note I am using photos from different projects in some parts here)

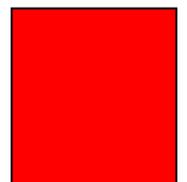
Method 1

If you do not have a half square triangle ruler

From your red fabric cut

two (2) x 5 inch strips across the **width of the fabric.**

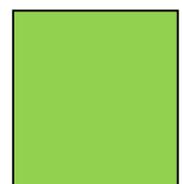
Subcut the **5 inch** strips into **fifteen (15) x 5 inch x 5 inch** squares



From your green fabric cut

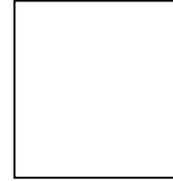
one (1) x 5 inch strip x width of fabric

Subcut the 5 inch strip into **five (5) x 5 inch x 5 inch** squares



From your white fabric cut

two (2) x 5 inch strips x width of fabric



Subcut the 5 inch strip into ten (10) x 5 inch x 5 inch squares

Red /Green Half Square Triangle Units x10

Each of these construction units will make two half square triangles

Take 1 x 5 inch x 5 inch squares from one fabric (red)

1 x 5 inch x 5 inch squares from the other fabric (green)



- i. Place the 5 inch x 5 inch pair of squares on top of each other with right sides together.
- ii. With a pencil or wash away marker rule a diagonal line from corner to corner as shown.



- iii. Stitch $\frac{1}{4}$ inch either side of the diagonal line on the set of squares as shown.



- iv. Cut along the ruled lines so that you now have 2 half square triangle units .



- v. Set the seams (by pressing down on each seam line) on each piece and then with the red side facing up lift up the red piece and press open gently.



- vi. Trim up your squares so that they measure **4 1/2 inches square** making sure that you trim off any little bunny ears.
- vii. Repeat the above steps **four more** times so that you have a total of **ten (10) red/green half square triangles**.
- viii. Repeat the above steps with your **red/white** squares to give you a total of **twenty (20) red/white** half square triangle units.

Method 2

If you have a half square ruler

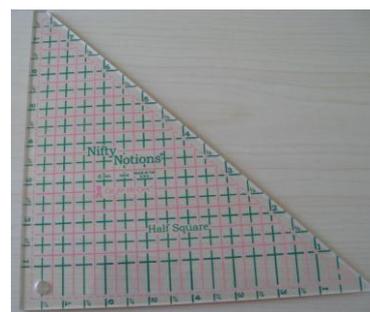
From your red fabric cut 
two (2) x 4½ inch strips across the width of the fabric.

From your green fabric 
one (1) x 4½ inch strip across the width of the fabric

From your white fabric cut 
two (2) x 4½ inch strips across the width of the fabric

Red /Green Half Square Triangle Units x10

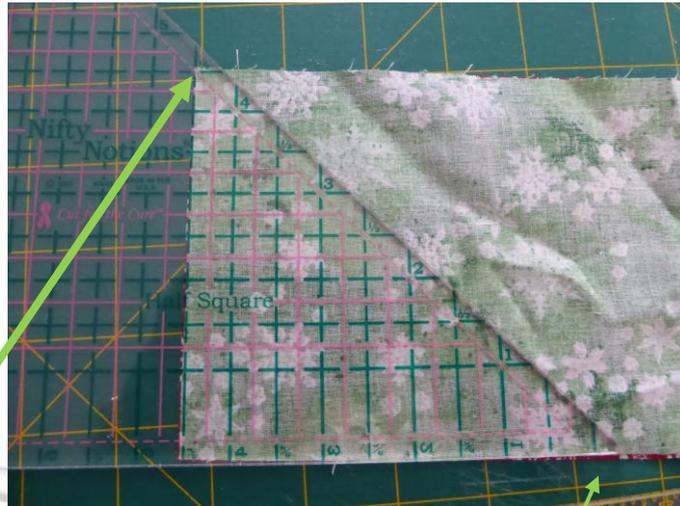
This method uses the **half square ruler**. It does not matter which brand.



As we need to make **4 ½ inch half square** triangles we need to cut strips that are **4 ½ inches wide** and use the **4 ½ inch mark** on the ruler as the guide to line up with.

Lay your two strips (**red and green**) together with **right sides together**

- a) Place the **half square ruler** on the strips



Make sure that you can read the writing the correct way on the ruler.

The **4 ½** inch mark should be on the top and left hand edge of the strip
and the point on the bottom.

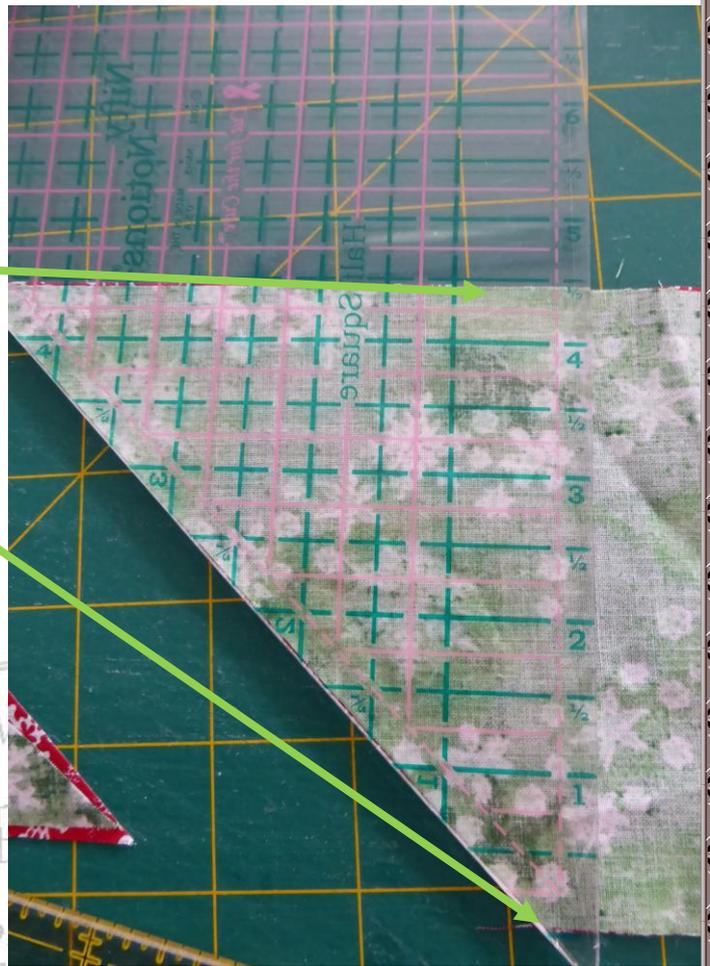
- b) Cut the triangle pair



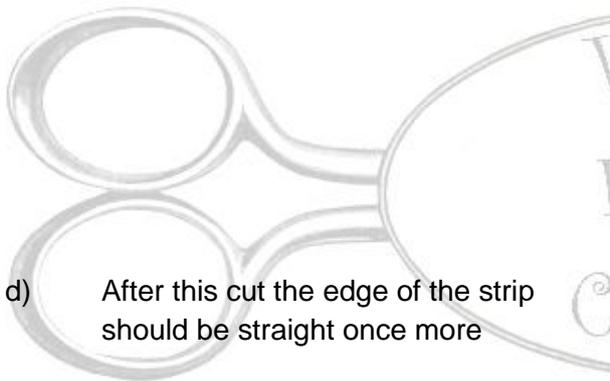
- c) Flip the ruler over as shown to cut another pair.

The **4 1/2 inch** mark should be on the top edge

Line up this mark along the bottom edge.



d) After this cut the edge of the strip should be straight once more



- e) Repeat the above steps (a - d) to cut the required number **red/green** of half square triangle pairs, a total of **ten(10) red/ green** is needed
- f) Repeat the above steps with your **red/white** strips to give you a total of **twenty (20) red/white** half square triangle units.

Feed each set of triangle pairs through your machine starting at the pointed end to stop from stretching the triangles. Your seams should finish right on the edge of the blunt section of the triangle pair.

Press your half square triangle units as in Method 1.

Press your triangle pairs as shown with the darkest colour on top. Trim each to **4 1/2 inches square**.

Method 3 (Makes 4 half square triangles at one time)

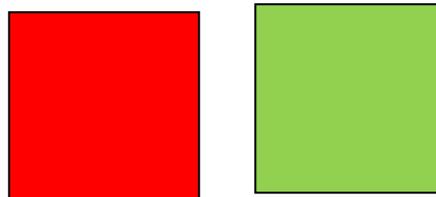
This is a fast method but you do end up with the sides of your half square triangles on the bias. If you have troubles with bias stretching on you then you may need to make your half square triangles using one of the previous methods. These triangles will probably be a little larger than they need to be and will have to be cut back to size.

Red /Green Half Square Triangle Units x10

You will have two of these units left over with this method

Cut **one (1) square** from the green fabric measuring **7 inches x 7 inches**

one (1) square from the red fabric measuring **7 inches x 7 inches**



- i. With **right sides together** pair up the squares.

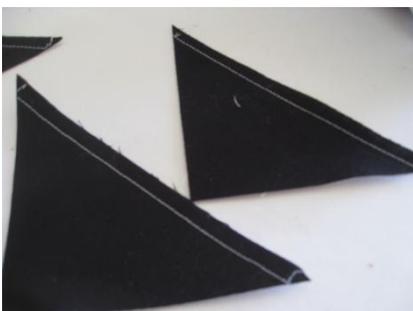
- ii. For each pair of squares stitch around all 4 edges using a 1/4 inch seam allowance. You do not have to pivot in the corner, in fact I stitch across the ends of the fabric and then start again down the other side (note that I am using pics from a previous project here)



- iii. Being careful not to shift the pieces, cut the square on both diagonals to yield four pieces.

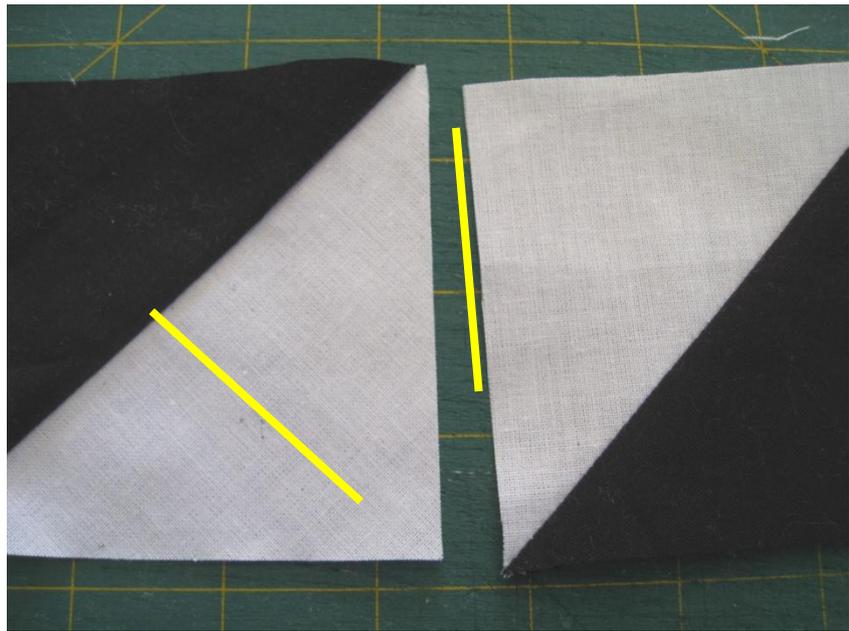


- iv. Set the seams (by pressing down on each seam line) on each piece and then with the dark side facing up lift up the white piece and press open **but** only use the tip of your iron here as you have bias edges and you do not want to distort them.



- v. Trim your squares up and make sure that they **measure 4 1/2 inches** square. Trim off the little bunny ears.

You can see the difference in the two methods by the grain of fabric.



- i. Repeat the above steps **twice more** so that you have a total of **twelve (12) red/green half square triangles. You only need 10**
- i. Repeat the above steps with your **red/white** squares to give you a total of **twenty (20) red/white** half square triangle units.

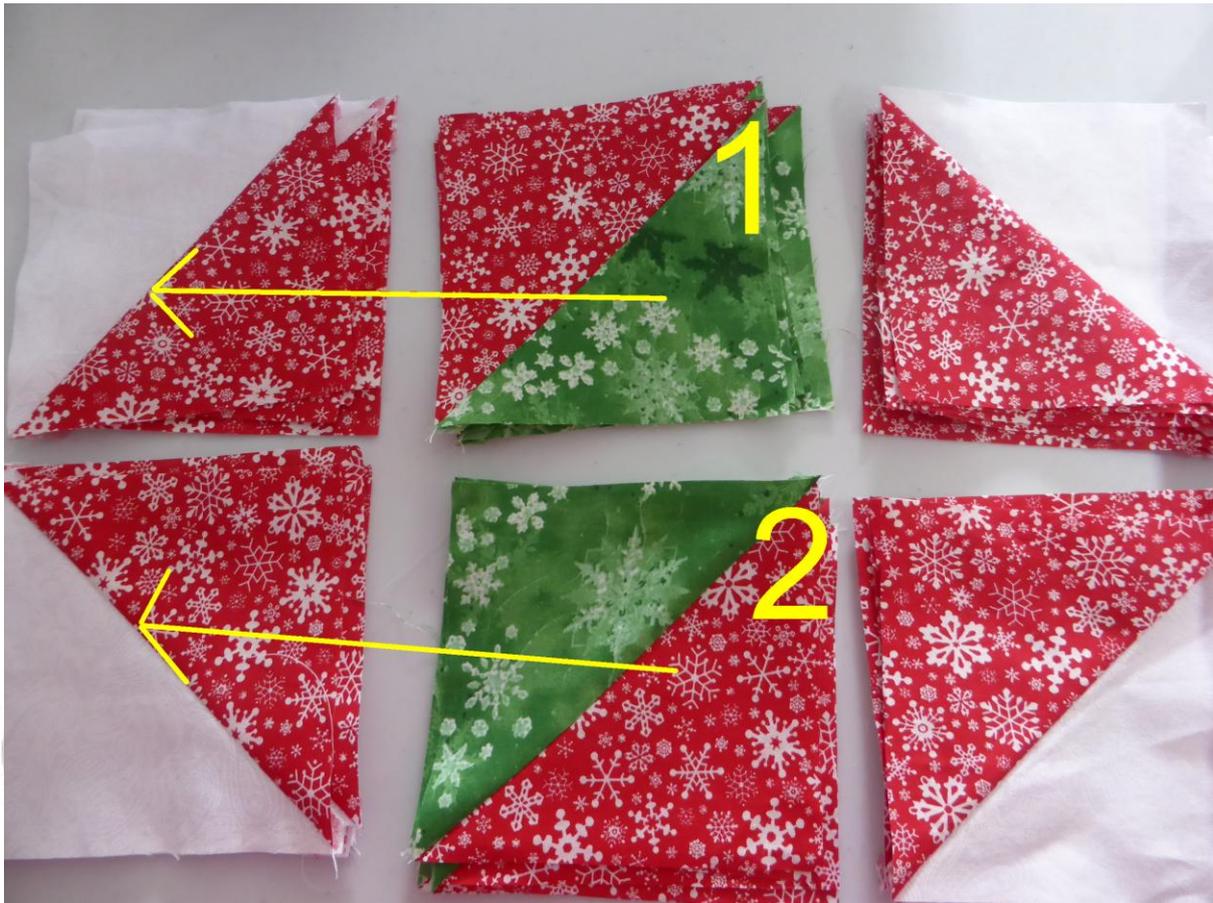
Construction



The half square triangle units are set out in the above arrangement above repeated four more times for a total of **five(5) sets**

You can stitch each of the ten rows together separately or web sew them together as I did.

I placed the 5 lots of units as above on top of each other beside my machine



Creations

For Row 1 take the middle unit and with right sides together flip it over as shown and stitch it to the right hand side of the unit on the left as shown.

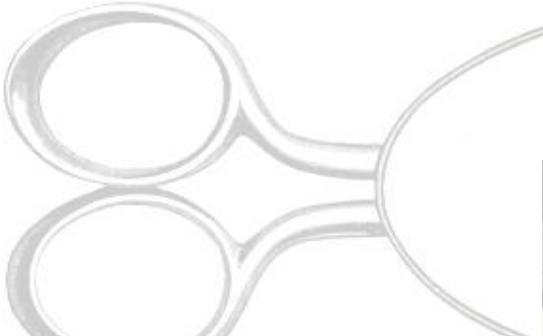
For Row 2 take the second middle unit and with right sides together flip it over as shown and stitch it to the right hand side of the second unit on the left as shown .

Continue feeding the half square triangle pairs through the machine alternating between Row 1 and Row 2 until **all 10 rows** are done

You now have the right hand side units as shown to attach to all of your Row 1 and Row 2 units.

With right sides together attach the first to your first Row 1 unit

With right sides together attach the second to your first Row 2 unit



Continue adding the side units to your long string of rows alternating 1 and 2 as you did for the previous sections until they are all attached.



Take your web of rows to the iron and press so that the middle seams alternate between pointing inwards and pointing outwards as shown. This will make it easier to butt the seams together.



With right sides together stitch your rows together. If you do not wish to press stitch your rows together making sure that you have the previous attached row facing upwards so that you can see which way the seams are going.

The centre of your runner should look like the photo below.



Press seams well

Attaching Borders

Inner Border (Green)

Measure across the length of the runner and it should be close to **40 ½ inches**.



Cut two strips of green fabric this measurement (**40 ½ inches long x 1 ½ inches wide**) and stitch to both long sides of the runner .

Cut two strips of green fabric **14½ inches long x 1½ inches wide** and stitch to both short ends of the runner.

Outer Border (Red)

Cut two strips of red fabric **42 ½ inches long x 3 inches wide** and stitch to both long sides of the runner .

Cut two strips of green fabric this **19 ½ inches long x 3 inches wide** and stitch to both short ends of the runner .

Press your table runner top well and then sandwich the three layers together. I spray baste my quilts/projects together before quilting. You may choose to quilt your quilt by which ever method suits you. I just meander quilted all over my runner.

When binding my runner I cut strips that were 2 ½ inches wide and joined them together on the bias edge. There are many tutorials on the web on the subject of stitching the binding on, mitring corners and joining the binding. This one by Marci Baker of Alicia's Attic is very good

<http://www.youtube.com/watch?v=Ot7Trk6J2Vw>

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